

Vegetable Frittata

This Frittata is a mix of light flavours but substantial with a buttery pastry. Serve warm for a healthy filling lunch.

Prep: 25 mins **Serves** 6-8 **Cook:** 40- 50 mins

Use SiliconWare medium round pan

Ingredients – Short Crust Pastry

- 1 cup plain flour
- 90 gm cold cubed or grated butter
- 1 tbs lemon juice
- 1 egg yolk

– Filling

- 1 medium zucchini sliced thinly lengthways
- 5 thin slices of pumpkin
- 5 thin slices of red capsicum
- 3 medium potatoes sliced thinly lengthways
- 1 cup shredded light tasty cheese
- 2/3 cup milk
- 3 eggs
- 2/3 cup light cream
- 3tbs chopped fresh parsley
- 2 tbs vegetable oil
- Salt and pepper



Method

1. See Handy Hints – Basic pastry to make short crust pastry.
2. Whilst pastry is chilling, preheat oven to 160° Celsius (fan forced).
3. Grease SiliconWare medium round pan and sit on baking tray.
4. Place all vegetables in SiliconWare MicroSteamer toss with oil and cook on High in microwave for 2 minutes. Using SiliconWare Turner, turn vegetables over and cook for another 2 minutes. Set aside.
5. In a medium bowl add eggs, cream, milk, salt and pepper and beat with a fork. Stir in cheese and parsley.
6. Follow Handy Hints – Basic pastry recipes to roll out pastry and blind bake pastry.
7. Layer cooled vegetables attractively, ensuring top layer is colorful.
8. Pour in filling carefully as it will fill pan to the top. Carefully place baking tray in oven.
9. Cook for 40- 50 minutes or until golden brown. Remove to cooling rack.
10. See Handy Hints – Basic Pastry - for serving from pan or for serving as a whole.